



Z'paghetti Girlfredo



1/2 of recipe (about 2 cups): 247 calories, 8g total fat (4g sat. fat), 789mg sodium, 30g carbs, 9.5g fiber, 18.5g sugars, 20.5g protein

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Prep: 10 minutes **Cook:** 10 minutes

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Ingredients

28 oz. (about 4 medium) zucchini
 4 cups roughly chopped cauliflower
 1/4 cup plus 1 tbsp. grated Parmesan cheese
 2 tsp. chopped garlic
 1/4 tsp. each salt and black pepper
 1/2 cup fat-free milk
 Optional topping: chopped fresh basil

Directions

Using a spiral vegetable slicer, cut zucchini into spaghetti-like noodles. (If you don't have a spiral veggie slicer, [peel zucchini into thin strips](#), rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Place cauliflower in a large microwave-safe bowl. Add 1/4 cup water. Cover and microwave for 5 minutes, or until soft. Drain excess liquid.

In a blender or food processor, combine cooked cauliflower, 1/4 cup Parm, garlic, salt, and pepper. Add milk and 3 tbsp. warm water. Blend on high speed until smooth and uniform.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Cook and stir zucchini noodles until hot and slightly softened, about 3 minutes.

Transfer noodles to a strainer, and thoroughly drain excess liquid.

Combine drained noodles and sauce in a large bowl and mix well. Reheat, if needed.

Top each serving with 1/2 tbsp. of remaining Parm.

MAKES 2 SERVINGS

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